



Please read all instructions before beginning the urine collection

Instructions for 24-hour Urine Collection

The white cardboard box that the supplies arrived in will be used to send the specimen back to us. Please do not damage or discard this box or its contents.

If any of these instructions is unclear, please call us at 1-800-815-7533 before starting the collection.

Discard (throw away) the first urine specimen in the morning. The 24 hour collection begins immediately after the first specimen in the morning but **DOES NOT INCLUDE IT**.

1. Remove the large white containers from the plastic zip lock bags. The bags and the white absorbent material will be used in mailing the specimen so **DO NOT DISCARD** them.
2. Write your last name and last 4 digits of your Social Security number on all bottles with a permanent ink marker before collection.

3. Collect ALL urine for the next 24 hours **INCLUDING THE FIRST SPECIMEN OF THE NEXT MORNING** in the large white containers.
4. You may urinate directly into the containers provided.
5. It is recommended that the container be refrigerated during the collection period. This may be done by keeping it in a basin of ice.
6. Drink your normal amount of fluids. The amount of urine does not influence the results. It is not necessary to fill all 8 bottles. Please abstain from alcoholic beverages during collection.

When you have finished collecting the specimen

7. Tightly seal the white bottles, wrap 2 absorbent pads around each bottle and place each in a plastic bag. Seal the bag.
8. Place each bagged bottle into the foam insert in the Styrofoam box.
9. Place the gray foam padding on top of the bottles.
10. Place lid on Styrofoam container and tape shut.
11. Place the Styrofoam container into the white cardboard box. **RETURN THE UNSEALED BOX TO THE VA HOSPITAL OR MEDICAL TREATMENT FACILITY.**

Shipping instructions (for hospital personnel):

12. Fax the Depleted Uranium (DU) Program Checklist (Consult Urine Instructions), VA Form 10-9009F, and the Depleted Uranium (DU) Questionnaire, VA Form 10-9009D to the DU Program at 410-605-7943. Both forms MUST be completed in their entirety.
13. Place the questionnaire and any other paperwork on top of the Styrofoam box. Seal the cardboard box. Put date on FEDEX label under #1. Place FEDEX label on box, making sure the old one has been removed.
SEND TO: PATHOLOGY AND LABORATORY MEDICINE SERVICE (113)
BALTIMORE VA MEDICAL CENTER
10 N. GREENE STREET
BALTIMORE, MD 21201
ATTN: DR. LAWRENCE BROWN (FOR DU PROGRAM)
14. Call FEDEX to arrange for the carton to be picked up. Get the pick-up number from FEDEX.
15. Call the DU Program at 1-800-815-7533 with the FEDEX pick-up number and to report that the specimen has been sent.